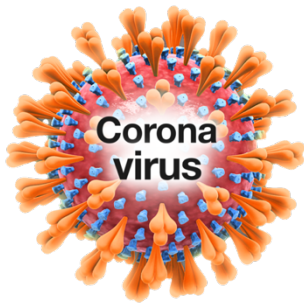




Information about Coronavirus

Coronavirus is a new illness that is a bit like flu

People with the virus can pass it on easily by

- coughing
- sneezing
- being in close contact with other people

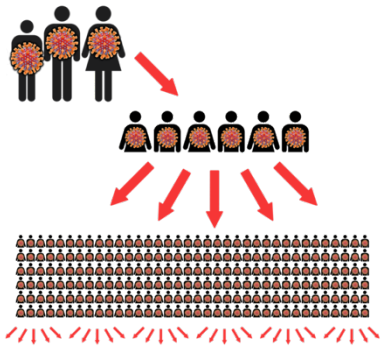


It is important to

- use tissues when you cough or sneeze
- put the tissues in a bin straightaway
- wash your hands
- do not touch your face



You can also use hand sanitiser when you can't wash your hands



How do you get Coronavirus?

You can catch Coronavirus from anyone who has the virus

For most people, the virus is like a cold and they get better quickly



What are the signs?

The signs that you might have Coronavirus are

- a cough
- a high temperature
- you have trouble breathing

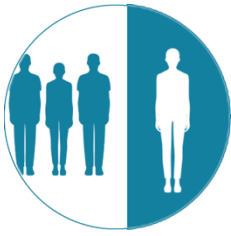


What to do if you think you have Coronavirus

Do not go to your GP if you think you have the virus

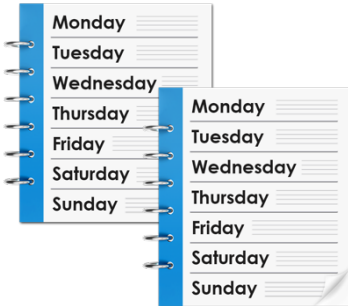


Stay at home and phone **111** as soon as possible

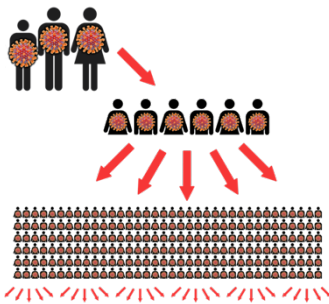


You might be asked to **stay at home** and not to be near other people

We call this **self-isolation**



You might be asked to stay at home for **14 days**



This is to **stop the virus spreading**



You can tell someone like your family or support worker if you need help



If you do have the virus you will be taken to hospital to make sure you get the right treatment to make you better



Where can you find more information

You can find more information on the **NHS website**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>